

Natchaug Notes

Parents as partners for recovery

How can a parent tell if their child's unusual or explosive behavior is a phase or a sign of a psychiatric disorder? According to the National Institute of Mental Health, one of every 10 children and adolescents has a form of mental illness severe enough to cause some level of impairment. How do the parents and families of these nearly 7.5 million children living with mental disorders know what to do for their children? Natchaug can help.

Systematic Training for Effective Parenting (STEP), a well-known parenting skills course that consists of a parenting workbook and video as well as discussion and role playing groups, is offered several times each year at Natchaug's Mansfield location. Parents, step-parents, grandparents and other primary care givers are encouraged to participate in this program to learn different ways of creatively, respectfully managing their children. For example, learning how to manage an angry child through specific choices instead of shouting demands, which just makes the chaos get worse.

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*Laying the foundation for a better future:
Residential Treatment Center for Girls.
See complete story on pages 4 & 5.*

BULLYING: It's not just kid's stuff

Natchaug's work with children and teenagers has long recognized bullying as an important issue with significant impact on people's social and emotional development. In fact, legislation passed early in 2003 now requires schools to have anti-bullying curriculum to assist schools in addressing several important issues (clearly the genesis of this legislation lies with highly publicized events such as Columbine that have instilled fears in us that were unheard of in years past). In light of this, Natchaug invited Attorney Craig Meuser, Shipman & Goodwin, LLP and president of the Connecticut School Attorney's Council, to share information and answer questions at two seminars.

The first seminar, held at Connecticut College and funded by the Frank Loomis Palmer Fund, addressed issues facing teachers, school social workers and others working directly with school children. A second session, hosted by Liberty Bank, focused on what community leaders need to know and how they can help.

The word "bullying" actually refers to one aspect of school violence that encompasses a continuum ranging from exclusion, teasing and name calling through the mid-point including threatening and "real" bullying to the end of the continuum of extreme violence. Let's look at the numbers:

- Each day 160,000 U.S. public school students stay home from school out of fear
- Between 10% and 30% of students engage in bullying behavior in the school context

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John F.B. Haney, MD recognized for years of service

Dr. John F.B. Haney, Natchaug Hospital's Medical Director for nearly six years, was recognized for his leadership and dedication to patient care during a special retirement tribute at Natchaug's annual Board Reception. Community leaders joined Natchaug's Board of Directors and many of the hospital's staff to honor Dr. Haney's many contributions to advancements in mental health treatment, which extended far beyond his nearly ten years at Natchaug. An active member of the greater Mansfield

community, Dr. Haney continues to serve on the board of Perception Programs, which he helped found, and is a member of Connecticut's State Medical Society's Continuing Education Committee.

We look forward to the trademark tip of the wings as Dr. Haney flies over Natchaug in his new airplane, the one he has wanted to finish building for so long. ■



Following a special recognition presentation, Dr. Haney checks out the engraved silver Revere bowl he received from the Board of Directors as a token of appreciation for his many contributions to Natchaug Hospital.

Bullying - Cont'd. from page 1

- By the age of 8 or 9, bullying behavior is well engrained
- Between 10% and 30% of teachers engage in bullying behavior in the school context
- Two thirds of children identified as bullies in elementary schools were incarcerated by the age 30
- Intervention before the age of 9 has proven to be the most successful
- 30% of all public school teachers believe that teaching character is not part of their job
- 40% of all public school teachers have not considered whether teaching character is part of their job

These statistics are taken directly from the "Don't Laugh at Me" curriculum, a national initiative launched in the fall of

2000 to directly address school violence and school bullying issues. This curriculum is used throughout the State of Connecticut and seems to be well received in the schools. Peter Yarrow of Peter, Paul and Mary fame has made it his mission to reduce violence in America's schools and has promoted this curriculum by singing the song "Don't Laugh at Me" written by Steve Seskin of Richmond, California.

While it is widely believed that schools have become increasingly more violent, there has actually been a 56% drop in youth homicides and a 40% decline in school associated violent deaths in recent years. Zero tolerance policies are now in place in response to widespread fear and as a result,

schools have very limited discretion in suspension and expulsion policies.

Professionals believe that in order to effectively address violent behavior in schools, behaviors must be identified early, and all violent behaviors must be clearly dealt with by appropriate medical, social and psychological support.

Empowering young children to stand up for each other, shaping students' behavior, improving communication, modeling appropriate behaviors and celebrating differences are all methods that can be used to teach children to meet their own needs without victimizing others.

(Parts of this article were extracted from the Creating Ridicule-Free Zones © 2000 Operation Respect Inc.) ■

Craig M. Martin, MD, FAPA Appointed Natchaug Medical Director

Dr. Craig M. Martin was appointed by Natchaug's Board of Directors as the hospital's Medical Director following Dr. John Haney's retirement. Dr. Martin, most recently from Minnesota and Wisconsin, has extensive medical leadership experience in a variety of treatment settings, including comprehensive adult inpatient treatment facilities, an adolescent residential treatment center, hospital inpatient and outpatient programs for children, and community health centers.

Dr. Martin is board certified in both adult and child psychiatry as well as addiction medicine. His early interest in hospital administration inspired him to pursue certification in medical management, which, combined with his clinical expertise, is particularly valuable for strengthening Natchaug's multi-site network of community-based behavioral health treatment services.



Dr. John Haney (left), Natchaug Hospital's Medical Director for nearly six years, looked forward to an uninterrupted vacation in his beloved Maine woods as he welcomed Dr. Craig Martin (right) as Natchaug's new Medical Director.

When asked what attracted him to Natchaug, Dr. Martin unhesitatingly identified Natchaug's vision of helping people find their way and the hospital's six core values as resonating with his own values. He added that Natchaug's executive leadership team and their good working relationship with the Board of Directors impressed him, as did the staff's dedication to promote recovery through a patient-centered approach.

Dr. Martin and his wife, Sue, have four children, one of whom attends college in Connecticut. They enjoy the arts and four-season recreation available in the area served by Natchaug, and are currently renovating a historic home in Norwichtown. ■

Susan Kimper, MSN, RN Joins Natchaug as Director of Nursing

Susan Kimper, MSN, RN brings 25 years of nursing experience to her new position as Natchaug Hospital's Director of Nursing. Most recently, Kimper served as the Director of Behavioral Health at Elliot Health Systems general hospital where she oversaw inpatient and Gero-psych units in addition to a variety of partial and outpatient psychiatric services for both children and adults. She also served as a liaison between psychiatric services and other divisions of the hospital, including the Emergency Department and medical surgical floors. Earlier, Kimper served as a Nurse Manager at a state operated, publicly funded hospital where her responsibilities included management of the Intermediate Care, Neuropsychiatric Assessment and Child and Adolescent inpatient units.

When asked about her decision to join Natchaug, she shared: "In the movie, *The Sound of Music*, Maria tells the Mother Superior that it was the mountain that brought her to the convent. In my case, it was your web site and your core values, mission and vision statement, and the wonderful employees that brought me to you", adding "I look forward to working with [Natchaug] for many years to come living the mission and vision of this awesome facility". ■

Leave a
Legacy™



Natchaug Hospital is a private, non-profit 501(c)3 organization. Contributions to Natchaug are fully tax-deductible within IRS regulations. For information on how you can help Natchaug Hospital now or in your will through stock transfers, cash and other contributions, contact Paul Maloney, Natchaug's Chief Financial Officer, at 860-456-1311.

Enrollment Doubles for CDT Special Education Program

In the past five years, enrollment in Natchaug's state-approved special education program has doubled. Starting in 1989, in five classrooms, with a total enrollment of 18 inpatients and 12 day students on any given school day, Natchaug now posts an average daily attendance of nearly 200 students working in 26 classrooms. This growth reflects a combination of increased awareness of mental illness among school-age children and their potential for success, along with Natchaug's commitment to the multi-site system, which makes the programs more accessible.

Natchaug's Clinical Day Treatment (CDT) special education program is designed to meet the specific needs of students who are having trouble learning because of emotional, neurological, or behavior problems. Local school districts refer students to Natchaug for intensive psycho-educational intervention, which is incorporated into each student's individual education plan.

During the past six months alone: Natchaug opened a new Joshua Center in Enfield, added The Norwich Public School's new Deborah Tennant-Zinewicz School to the program already staffed by Natchaug at the Hickory Street School, and acquired Saint Francis Behavioral Health Care's Thames Valley (CDT) School in Norwich.

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Residential Treatment Center *Laying the foundation*

Area legislators, State officials and mental health advocates joined Natchaug Hospital's Board of Directors to mark the laying of the foundation for the new Residential Treatment Center for Girls that is under construction at Natchaug's main facility in Mansfield Center. This treatment center, desperately needed by Connecticut for its growing population of female juvenile offenders with underlying mental health issues, is the result of unique partnerships between public and private organizations dedicated to the shared vision of appropriate mental health care for troubled teens.



(From left to right) Special guests The Honorable Michael Mack, Chief Administrative Judge, Juvenile Court and Karen Snyder, Assistant Commissioner Department of Children & Families joined Dr. Stephen W. Larcen, Natchaug Hospital's President and CEO, to celebrate laying the foundation of the new Residential Treatment Center for Girls. This unique project, a public-private collaboration, will help teenage girls who are under the care of DCF and have come to the attention of the Juvenile Court.

The two-story facility, scheduled for completion in June 2004, continues the Adirondack architectural style of the hospital. The entrance to the building (with a waiting area for guests) will be on the first floor, as will a pedestrian



Getting a bit dirty in the line of duty are local Representatives Walter Parwelkiewicz (D-Windham) and Denise Merrill (D-Mansfield), adding their hand prints to the foundation cement of the Residential Treatment Center for Girls that is under construction at Natchaug Hospital.

Treatment Center for Girls: *Foundation for a better future*

connection to the main hospital. The first floor will include classrooms, dining, kitchen, lounge, group, and activity space as well as a nearly 700 square foot gymnasium. Staff offices and conference space are also located on the first floor.

Living areas on the second floor will include 16 individual bedrooms, a central staff station, 4 bathrooms, 4 separate showers, a laundry room and a large common room for activities and visitors. The anticipated average length of stay for girls admitted to this new program is 6 to 9 months.

Behaviors bringing the girls to the attention of the Juvenile Court system may include school truancy, running away from home, substance abuse, violation of a court order, or a number of other offenses.

Natchaug Hospital received State bond funding to construct and furnish the

residential facility, for which Natchaug is contributing the land necessary for the project.



Natchaug's President and CEO, Dr. Stephen Larcen (center), Antoinette Ellzey, a 25-year Natchaug Hospital board member, and The Honorable Jack Malone (D-Norwich) catch up on plans for the new Residential Treatment Center for Girls and other mental health and chemical dependency issues.

*Photos on pages 4 & 5:
taken by Roxanne Pandolf*



Linda Orange (D-Colchester), and Natchaug's Board Chairman, Dr. Raymond Johnson, add their handprints to the new Residential Treatment Center for Girls' foundation cement. Also seen is Walter Pawelkiewicz (D), adding initials to his handprint.



Drawing courtesy of: Tecton Architects, PC

Mental disorders and mental health problems appear in families of all social classes and of all backgrounds. No one is immune.

(Surgeon General's Report on Mental Health, December 1999)

Boston Celtics Give \$1,000 to Joshua Center



Celtics team mascot Lucky the Leprechaun and Mr. JoJo White, Director of Special Projects and Community Relations Representative for the Celtics (and standout player on two Boston World Championship teams) presented a \$1,000 charitable gift to Natchaug's Physical Education teacher, Tim Marshall. The Celtics were continuing their tradition of contributing to the needs of the communities in which they play. Mohegan Tribal Chair Mark Brown and Deputy Chief of Staff Chuck Bunnell suggested that the Celtics direct their October 8 Pepsi Tour opening game contribution to Natchaug's Joshua Center in nearby Montville. The Celtics gift will benefit more than 240 school-age youth who receive treatment at the Montville Joshua Center for emotional, neurological or behavior problems. ■

(Photo courtesy of Boston Celtics)

Peter Cannata, LICSW Heads Mansfield Joshua Center Programs

Rhode Island native Peter Cannata brings 16 years of experience working with troubled youth, court-adjudicated teens and families in crisis to his new position as Director of the Joshua Center in Mansfield. Cannata previously worked for Natchaug at the Juvenile Supervision and Reporting Center (JSRC) in Willimantic, where he served as

the school social worker, providing leadership for the educational staff and liaison with the program staff for the 20-student program. We are confident that many of Cannata's successes at the JSRC program can be replicated to benefit the children in Natchaug's Joshua Center. ■

Joshua Appeal More Than Halfway to Goal

The Joshua Appeal, launched to strengthen and expand the Joshua Center special education and after-school day treatment programs, has received gifts and pledges of more than \$80,000 toward the goal of \$160,000. Natchaug's Joshua Centers, which served more than 1,000 children and adolescents last year, now include the new Enfield facility. The support of the SBM Charitable Foundation and M.E. & M.O. Hoffman Foundation grants, along with the many contributors from the community, made it possible to open this new program in 2003.

Support from the community is critical to the special treatment programs offered by Natchaug Hospital, a nonprofit 501(c)(3) organization. Early supporters already include:

Leaders

Maximillian E. & Marion O.
Hoffman Foundation
Rogers Corporation
SBM Charitable Foundation

Advocates

American Savings Foundation
Bowdenwein Public Benevolent
Foundation
The R.S. Gernon Fund
Pfizer Global Research &
Development
SBC/SNET

Enfield Joshua Center Receives Two \$10,000 Grants

The SBM Charitable Foundation and the Maximilian E. & Marion O. Hoffman Foundation each awarded \$10,000 to the new Joshua Center in Enfield. Community Health Resources and Johnson Memorial Hospital worked with Natchaug Hospital to bring this intensive treatment option for adolescents to the Enfield area. The Savings Bank of Manchester and Hoffman Foundation grants, along with grants from the William and Alice Mortensen Foundation, the Carse Robinson Foundation and gifts from people in the community, are helping furnish and equip classrooms, group rooms, a multi-purpose room and conference room for use by the teenagers attending Natchaug's special education school and after-school programs. ■



The team that helped bring the Joshua Center programs to Enfield gathered to receive the \$10,000 SBM Charitable Foundation grant award from Patricia Nelson, Assistant Vice President and Manager of SBM's Enfield office. From left, Dr. David Klein, Director of Natchaug's Clinical Services, Dr. Stephen Larcen, Natchaug's President and CEO, Ms. Nelson, Kathy Schiessl, Service Director, Child and Family Services at Community Health Resources and Michael Dion, Johnson Memorial Hospital's Vice President of Patient Care Services.

Joshua Appeal - Cont'd. from page 6

Sponsors

Roger & Cynthia Adams
Boston Celtics
Carse Robinson Foundation
Eastern CT State University
David Klein
Stephen Larcen & Susan Graham
George A. & Grace L. Long Foundation
Mohegan Tribal Nation
William & Alice Mortensen Foundation
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**Joshua
Centers
Fund-Raising
Goal -
\$160,000**

**\$82,000
received
as of 12/1/03**

*Helping
Children Find
Their Way*

Natchaug Hospital

serves as the key provider of an accessible, regional system of care for children, adolescents and adults from throughout eastern Connecticut who are struggling to cope with mental illness and substance abuse problems. The Hospital's 54-bed facility in Mansfield Center provides in-patient care for over 400 seriously emotionally disturbed children and adolescents as well as 1,000 adults in crisis each year. Natchaug's day hospital, after-school and school programs, which serve 1,222 children, adolescents and adults from throughout eastern Connecticut, are provided close to where people live, work and attend school. These include child and adolescent day hospital and special education school programs in Willimantic, Mansfield, Brooklyn, Montville, Norwich and Enfield as well as day hospital programs for adults in Willimantic, Vernon and Putnam. ■

Mission: Natchaug Hospital's mission is to provide a continuum of accessible, community-based services for those suffering from psychiatric illness and chemical dependency with a commitment to the dignity and privacy of our patients, empowering them to participate in their own care and recovery.

Parents - Cont'd. from page 1

The course is facilitated by a qualified STEP trainer, Joe Freeman, and meets for two hours every week for seven weeks. Parents from the community whose children are exhibiting psychiatric problems are also welcome to join the course.

Woody Crowley, Natchaug's Educational Coordinator for Montville's Joshua Center as well as Norwich's Hickory Street and Deborah Tennant-Zinewicz (Case Street) Schools, is starting a pilot program to help parents of students identified with social and/or emotional problems.

"It's wonderful to find out you are not alone, not the only family with a psychiatrically disturbed child" says just about everyone taking these courses, which includes parents, step-parents, grandparents, foster parents and other primary care

givers. Parents and therapists working together are a powerful healing team for children and adolescents – helping the children and their families find their way to recovery.

To sign up for Joe Freeman's STEP Program, call 860-456-1311, or visit Natchaug's website at www.natchaug.org. ■

CDT - Cont'd. from page 4

A new school program will open next year in conjunction with Natchaug's Residential Treatment Center for Girls (see separate article), becoming the seventh eastern Connecticut program site for Natchaug schools: Brooklyn, Enfield, Mansfield, Montville, Norwich and Windham.

Natchaug Hospital is proud to provide individualized education and treatment for close to 1,000 students each year, help them find their way to becoming independent, productive contributors to their community. ■